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# Nature Care College

## Clinical Aromatherapy

<b>DESCRIPTION</b>	This integrative module teaches you how to apply your knowledge of massage and essential oils to a range of clinical situations. Through examination of case studies, group discussions and cross referencing, students will learn to distinguish which essential oils are most suitable in dealing with a variety of ailments.	
<b>DURATION</b>	24 hours	
<b>LEARNING OUTCOMES</b>	By the conclusion of the module, students should be able to: <ol style="list-style-type: none"> <li>1. Apply essential oils to a range of clinical situations.</li> <li>2. Apply theoretical concepts to practical management.</li> </ol>	
<b>TEACHING METHOD</b>	Modified lectures, group discussions, handouts, cross reference to class notes given, practical – smelling essential oils, videos. Discussion re specific essential oils to be used for each system and the related problems, and why these essential oils are more appropriate than others.	
<b>ASSESSMENT</b>	Design your own consultation sheet	20%
	Assignment 1 - Case History/ or Research 1 Oil	20%
	Assignment 2 - Case History	60%
	<b>Pass mark</b>	<b>xx%</b>
	<b>Both components must be passed at xx% in order to pass this subject satisfactorily.</b>	
	<b>Note:</b> To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission for your own records.	
<b>ATTENDANCE</b>	80% minimum.	
<b>PRE-REQUISITES</b>	Aromatherapy Studies – An Introduction Swedish Massage Remedial Massage 1 Anatomy & Physiology 1A & 1B	
<b>CO-REQUISITES</b>	Aromatherapy Techniques 1 Advanced Aromatherapy	
<b>MATERIALS REQUIRED</b>	Notebook, pen.	

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**TEXTBOOKS****Compulsory:**

Battaglia, S. 2004 *The Complete Guide to Aromatherapy, 2<sup>nd</sup> ed.* The Perfect Potion.

**Recommended Reading / References:**

Buckle J. 2003. *Clinical Aromatherapy: Essential Oils in Practice, 2<sup>nd</sup> ed.* Churchill Livingstone.

Price S. 1999. *Aromatherapy for Health Professionals, 2<sup>nd</sup> ed.* Churchill Livingstone.

Schnaubelt K. 1998. *Advanced Aromatherapy: The Science of Essential Oil Therapy.* Healing Art Press.

Schaubelt K. 1999. *Medical Aromatherapy: Healing with Essential Oils.* North Atlantic Press.

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**WEEK-BY-WEEK OUTLINE**

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<b>WEEK 1</b>	Introduction Case history, Procedures, One essential oil
<b>WEEK 2</b>	Respiratory System Case History, One essential oil.
<b>WEEK 3</b>	Integumentary System-skin conditions, Case history, One essential oil.
<b>WEEK 4</b>	Lymphatic/Immune system Case history, One essential oil
<b>WEEK 5</b>	Muscular System
<b>WEEK 6</b>	Nervous system Case history, depression, mental fatigue
<b>WEEK 7</b>	Endocrine System Case history, One essential oil
<b>WEEK 8</b>	Reproductive system Case history, Menopause, Endometriosis
<b>WEEK 9</b>	Circulatory system Case history.
	<b>Consultation Sheet Due</b>
<b>WEEK 10</b>	Digestive/Genito-urinary Case history.  <i>Case History 2 Due</i>
<b>WEEK 11</b>	Case history.
<b>WEEK 12</b>	Essential Oils

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## INTENSIVE OUTLINE

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<b>SESSION 1</b>	EO. Thyme / May Chang / Spikenard Respiratory / Endocrine / Circulatory Systems Video Class case histories
<b>SESSION 2</b>	EO. Calendula / Benzoin / Myrtle Digestive / Genito-urinary / Reproductive Systems Video Class case histories
<b>SESSION 3</b>	EO. Everlasting / Nutmeg / Yarrow Integumentary / Muscular / Joints Systems Video Class case histories
<b>SESSION 4</b>	EO. Pine / Niaouli / Melissa Lymphatic / Immune / Nervous Systems Video Class case histories

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.